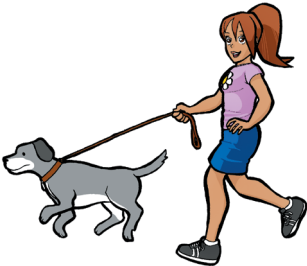




# My Physical Activity Log

YOU CAN EARN A PRESIDENTIAL AWARD!

You will keep a written daily log of the physical activities you participate in. If you are active for at least 60 minutes, at least 5 of the 7 days of the week, for at least 6 weeks you will earn the President's Active Lifestyle Award.



Student Name \_\_\_\_\_

Date \_\_\_\_\_

<i>Week 1</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 2</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

<i>Week 3</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 4</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		



<i>Week 5</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 6</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

<i>Week 7</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 8</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

Adult Signature

Date

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